

Health and Wellness Subcommittee Meeting Minutes
April 30, 2015
Frenchtown Elementary

In attendance: Carolyn Mark, Sue Riley, Sharon Kitchin, Cheryl Vaughn, Kelly McKeon, Nancy Day

I. Wellness Promotion Initiatives

- Carolyn and Yan shared the draft video for Frenchtown/Meadowbrook. They need to submit final edits (and will get final approval from the principals at Meadowbrook and Frenchtown). Hope to release video by end of May.
- Rhode Island Healthy Schools Coalition is now producing a newsletter. The last issue featured the EGHS basketball team because they switched from a cookie dough fundraiser to a community event: [RIHSC](#). The newsletter also included information on relevant upcoming workshops. Sue Riley to share information with PTGs. Next one is on Rethinking Fundraising. Sign up at: [Event Brite](#)

You can also sign up for the RI Healthy Schools Coalition e-news at: <http://www.rihsc.org/join>

II. End of Year Wellness Assessment

- Assessments received from Frenchtown and Eldredge. Waiting on assessments from high school and Hanaford. Sharon will see if the full wellness reports are available for Cole and Meadowbrook. H&W Committee to summarize assessments for end of year report to school committee.

III. Blue Cross Grant Opportunity

- Sharon Kitchin briefed everyone on the grant opportunity that we have to do staff wellness in the fall. The grant deadline is June 19. Sharon will follow up with Dr. Mercurio to survey staff as to what activities interest them the most. Options include stop by screenings, group exercise, stress management, etc.

IV. Other business

- Request by Sue Riley to put the issue of elementary school lunches on a future agenda to brainstorm strategies for continuous improvement.